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Step-it Up a Notch

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High intensity formats come with the greatest potential for gain and injury. As a fitness professional it is your obligation to design a high intensity class that will improve the participants overall health, daily function, range of motion & joint stability during a life period when they are losing both muscle mass and neuromuscular coordination. Complete movement based training is much more than the latest and greatest plyometric drill. Successful performance and class longevity is affected by instructor preparation, instructional cues and exercise progression. To ensure a safe, effective training environment it is important your high intensity movement based class incorporate **core / pelvic stability, transitional balance, joint range of motion, ACTivated strength, explosive power / deceleration, body balance and recovery.**

Athletic Step Guidelines / Progressions:

- Progress from less to more speed, distance, & complexity of movement,
- Beginners need to work less : rest more, Intermediate equal work : rest, Advanced more work : less rest
- Use the warm –up to introduce each of movement patterns at a much slower pace
- Core activate and stabilize major joints and muscles using plank, side plank and bridge positions
- Prior to high intensity plyometric movements, include stopping /eccentric, transitional pauses & power initiation / concentric based movements early in the workout.
- Strengthen activity specific muscles
- Use a 360' core strengthening rotation

Dynamic Warm-up: practical considerations

- Opportunity to introduce & rehearse movements you want to train
- Yoga DROM Flexibility: dynamic full range of motion yoga movements can decrease movement restriction due to daily habits, poor posture & overuse. Implement stronger **dynamic** postures for the warm-up and recovery **non-postural** for the post workout recovery.
- The Post Warm-up HR should plateau between (130 – 150).
- Never promote a slow or fatigued state during the WU



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WARM UP (8-10 min)

Kneeling Overhead Reach 2 Plank 2 P-up Back Arch 2 Pike + Leg Extension (x2)	Kneeling Lean Back 2 Split Kneel Twist (x 2)
Standing Bal Pretzel 2 Crossover Fwd Fold (x2)	Standing Knee to Chest 2 Open Hip 2 Quad Stretch
March March Freeze	In Place Bum Kicks
Boxer Shuffle	Jumping Jacks
Jack Pause	Qwik Knee Lat Stop & Start Run w 1ft Squat
3x Pause Bounds +	
Lunge Hold + Posterior Delt & Dyn Chest Stretch	Bench Bend Down Squat Up Combo
Traveling Straddle Walk	Traveling Lamp Powerovers



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Workout (45 min)

Interval 1 (x20,30,45sec)	Interval 2 (x20,30,45sec)	Balance (x30,25,20sec/)
Quick Knee Tap Tap Stop & Start Run (remove transition)	<u>1LMDB</u> Cycle Cycle Drop & Stop	Standing 1ft Quad + Fwd Ft Pull (ie internal hip rotation)
<u>Bench</u> 2ft Lat Touch Drop Squats	Fwd or <u>Overhead</u> Arms Straddle Run	1ft <u>EZ</u> Closed Cross Crawl
2x <u>1ft</u> Hop Stick +1 or 3 <u>Re</u> Bound Combo	Qwik Qwik + Lat Jump <u>Over a Bench</u>	1ft <u>EZ</u> Closed Figure 8 Leg Swing
Plate Plank Sprinter + Push-up	Plate Heel Slide Bridge + Floor Elbow Pulls	Stable Side Plank +Plate Straight Leg Raise
ACTivated Strength 1 (x8,10,12/side)	ACTivated Strength 2 (x8,10,12/side)	Core Strength 1 (x10,12,15/side)
3 POF Lunge w Back ft Straight Leg Glute Lift	Elbow 2 Hand Plank Walk(x1) + Pike Walk(x1)	Quad <u>Kneeling</u> Plank + Opp Elbow and Knee Tuck
Mountain Pose + <u>1HDB</u> Overhead Front Raise	Fwd Fold Squat +2x pullover knee tuck sit- up + 1x Get-up (x6)	Twisting Crunch Hold + Opp. Straight Leg Lower
Kneeling Cobra Pose or Table Top +1Leg Lift	Side Plank + Butt Kick Quad Stretch	Airplane or <u>Boat pose</u> (3x5-10sec)
<u>1ft</u> Bridge + Elbow Digs	Hand Slide Sit-ups	Side Lying Knee Tuck
Recovery Flexibility (30-45sec/side)	Side Lying Crossover Quad Stretch to spinal rotation	Knees To Chest 2 Hammie Leg Extension
	Inner Thigh + Shoulder Internal Rotators	Whales Tail

L = 3-5lb, M = 8-10lb, H=12+lb, PP = paper plate / Felt, Underline = progression



<p>Cycle Cycle Drop & Stop (x40-60s)</p>	<p><i>Start:</i> From a R ft split stance quickly initiate a hop, cycling the back ft and arm into the forward position. Repeat 1 more time.</p>	<p><i>Finish:</i> On the 3rd cycling hop, decelerate, allowing the hips and knees to bend 6-9 inches closer to floor. Once this 'drop' has occurred cue participants to stop, pause for a 1sec hold and repeat the entire sequence, finishing with a 'drop' on the opposite ft.</p>
<p>Lateral Touch Touch Stop (x40-60s)</p>	<p><i>Start:</i> From a L ft balance stance (as shown), initiate movement laterally to the R with a quick knee piston action.</p>	<p><i>Finish:</i> After performing 2x quick knee prepare to stop by lifting the R ft foot up and out (dorsiflex & evert). As your foot hits the floor, perform a controlled deceleration</p>
<p>Standing 1Ft Cross Crawl (x20-30s/ft)</p>	<p><i>Start:</i> From a L ft balance stance with the R knee parallel the floor, shoulders rotated to the L, arms bent to 90' and upper arm parallel to floor.</p>	<p><i>Finish:</i> Using more rotation than bending, bring the R knee and L arm towards one another. Attempt to connect and isometrically contract for 1 sec before repeating for the desired time. Switch the opposite side.</p>
<p>Cycling Split Jump (x40-60s)</p>	<p><i>Start:</i> From a R ft split squat position, quickly initiate a jump. While in midair, cycle the back ft and arm into the forward position.</p>	<p><i>Finish:</i> As your L ft makes contact decelerate, allowing the hips and knees to bend 6-9 inches closer to floor. Once this 'drop' has occurred cue participants to plyometrically reverse directions, therefore minimizing contact time with the floor.</p>
<p>1ft Hop Bound Combo (x40-60s)</p>	<p><i>Start:</i> From a L ft squat position (as shown), initiate a L ft hop laterally to the R. Quickly rebound plyometrically from the floor and bound to the R ft.</p>	<p><i>Finish:</i> Prepare to stop by lifting the R ft foot up and out (dorsiflex & evert). As your foot hits the floor, either perform a controlled deceleration or rebound plyometrically repeating to the opposite side.</p>
<p>Standing 1ft Quad + Fwd Ft Pull (x20-30s/ft)</p>	<p><i>Start:</i> From a L ft balance stance flip your heel up into a lengthened arm, palm forward hand.</p>	<p><i>Finish:</i> Without bending or rotating your hips and with the R knee pointed towards the floor pull your R ft forward, internally rotating the femur. Hold for the desired time. Switch the opposite side.</p>

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